

WHAT IS CLAIMED IS:

1. A mattress comprising:

- a main body of a parallelepiped shape having a support surface provided with a plurality of primary
5 holes the axial extension of which is transverse to the support surface, said primary holes consisting, along their axial extension, of at least two portions consecutive to each other having different widths in cross section, said main body being at least partly made
10 of latex or similar materials.

2. A cushioning element for mattresses, pillows and the like, comprising:

- a support surface having at least one primary hole provided, along its longitudinal extension, with at least
15 two portions consecutive to each other, said portions having different widths in cross section.

3. The element as claimed in claim 2, wherein said hole comprises a transition region disposed in said hole between said consecutive portions and defining a section
20 variation in said portions.

4. The element as claimed in claim 3, wherein at least one region of the support surface has a plurality of primary holes.

5. The element as claimed in claim 2, wherein said
25 primary holes are blind holes.

6. The element as claimed in claim 2, wherein a base surface opposite to the support surface, has at least one secondary blind hole.

7. The element as claimed in claim 6, wherein at
30 least one region of the base surface has a plurality of secondary holes of a frustoconical extension and tapering away from said base surface.

8. The element as claimed in claim 5, wherein each primary hole has at least three portions consecutive to
35 each other and two transition regions, each transition region being interposed between two respective

consecutive portions.

9. The element as claimed in claim 8, wherein said consecutive portions have respective cross-section widths decreasing away from said base surface.

5 10. The element as claimed in claim 9, wherein each portion has a cylindrical conformation and a circular cross section.

11. The element as claimed in claim 2, wherein it is made at least partly of latex.

10 12. The element as claimed in claim 2, wherein it has a plate-like conformation of rectangular perimetral extension; said support surface being horizontal under operating conditions in order to bear a user's body.

15 13. The element as claimed in claim 2, wherein it has a prismatic conformation of rectangular perimetral extension; said support surface being at least partly rounded or convex to bear a user's head.

14. A pillow of a prismatic conformation and rectangular peripheral extension, said pillow at least
20 partly comprising a cushioning element in accordance with claim 1.

15. The pillow as claimed in claim 14, wherein it is fully made up of said cushioning element.

25 16. The pillow as claimed in claim 14, wherein the pillow is made of latex.

17. The pillow as claimed in claim 14, wherein said primary holes of the cushioning element are disposed at a central area of said pillow.

30 18. The pillow as claimed in claim 17, wherein said secondary holes are disposed in a contour area of said pillow.